



**Neuro Café:  
Accessible day trips  
9<sup>th</sup> August 2023**

A close-up, artistic photograph of a bicycle pedal and crank mechanism. The pedal is made of dark wood with a metal spring and a triangular metal loop. The crank is also made of wood and metal. The background is blurred, showing more of the bicycle's frame and components. The image is partially obscured by a white circular shape on the right side of the slide.

# Planning a day trip

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- Location of trip
- What route(s) will you take?
- Is it accessible to your level of mobility ?
- Would hiring a mobility scooter/ electric wheelchair help ?
- How long do you want to be away from home?
- How will you get there ?
- Toilets/ facilities ?
- Do you want to go alone or with others ?
- Do you need to take medication ?
- Do you have a back up plan for each leg?

# Radar keys

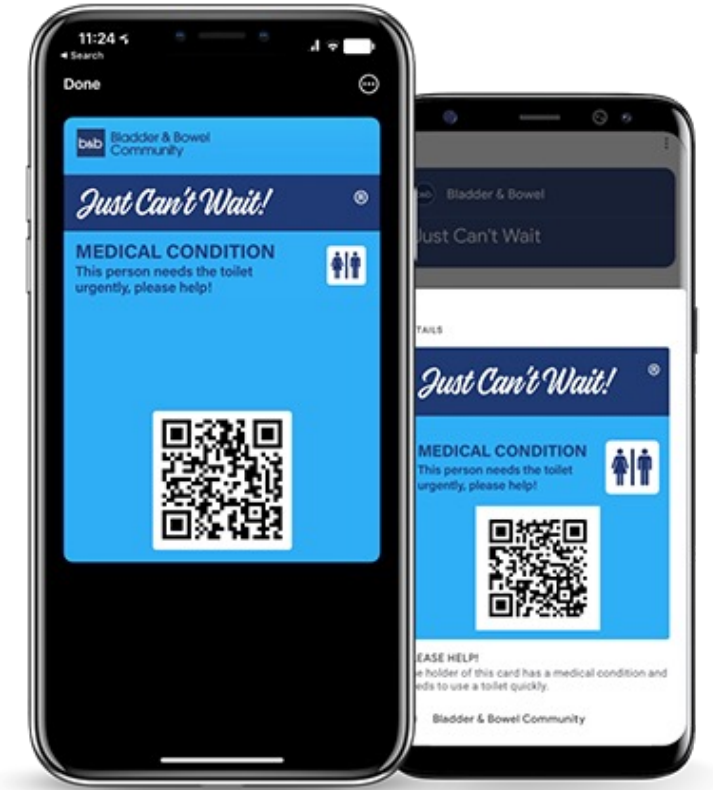
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- Many accessible toilets in the UK are fitted with a Nicholls & Clarke (N&C) Phlexicare RADAR National Key Scheme lock, which can only be opened with a Royal Association for Disability and Rehabilitation (RADAR) key.
- A RADAR key, is a blue and silver-coloured key that opens more than 10,000 disabled toilets across the UK.
- Find RADAR key toilet locations near you by using the [Great British Public Toilet Map](#). Simply go to the filter on the left-hand side of the homepage and filter by 'Radar key'.
- Can purchase a Radar key via Disability Rights UK : £5.70
- <https://www.disabilityrightsuk.org/shop/official-and-only-genuine-radar-key>
- Maybe able to get them free through local authority



# Just Can't Wait Toilet Card

- Digital or standard card
- Access to toilets not normally available to the general public
- Discreet, clear communication when you just can't wait to use the toilet
- Widely accepted at many cafes, restaurants, shops, entertainment venues and other businesses
- Available on your phone so you don't have to worry about losing your card
- Apple Wallet or Google Wallet for digital
- <https://www.bladderandbowel.org/help-information/just-cant-wait-card/>



# Changing places toilet

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- **Changing place toilets must have:**

- **The right equipment**

- a height adjustable adult-sized changing bench
- a tracking hoist system, or mobile hoist if this is not possible.

- **Enough space**

- adequate space in the changing area for the disabled person and up to two carers
- a centrally placed toilet with room either side
- a screen or curtain to allow some privacy.

- **A safe and clean environment**

- wide tear off paper roll to cover the bench
- a large waste bin for disposable pads
- a non-slip floor.







# Medication

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- Ensure you take your medication for the day.
- Make sure you take enough with you in case you are unexpectedly delayed.
- Wear a watch or take your phone to ensure you have them on time
- Set alarms to remind you 10 mins prior to prescribed time
- Consider a dosette box
- Carry your prescription
- Wear medical alert bracelet/ carry card as required
- Carry water with you



THE NATIONAL FEDERATION OF  
**Shop***mobility*



## Search scooters and powered wheelchairs

There are five main categories of products available to lease through the Motability Scheme. Powered wheelchairs and scooters come in 2 different Classes - Class 2 and Class 3 (Class 1 refers to manual wheelchairs). The Class of a product determines where it can be used. More about [types of scooters](#) or [types of powered wheelchairs](#).

### ^ Scooter and Powered Wheelchair search

Search for the scooter or powered wheelchair that best suits your needs using the checklists and dropdowns in the tool below.

#### Product Type ⓘ



✓ Small scooters



✓ Medium scooters



✓ Large scooters



✓ Standard powered wheelchairs



✓ Complex powered wheelchairs

#### Your allowance type ⓘ

PIP / AFIP – Enhanced Rate Mobility Component of Personal Independence Payment



# Travel Mentoring & Travel Ambassadors London

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- They can:
  - Give advice by telephone and email to help plan an accessible route
  - Provide a mentor to accompany you on your first few practice journeys to help you learn how to travel the network independently
  - Assist you virtually, using apps available on most smartphones
- Their travel mentors can help anyone who lives or travels in London.
- They cover all types of journey on TfL transport including
  - Bus
  - Tube,
  - Elizabeth line,
  - DLR,
  - London Overground,
  - Tram,
  - Thames Clipper & river boats
- **Get in touch**
- Email [travelmentor@tfl.gov.uk](mailto:travelmentor@tfl.gov.uk) or call 020 3054 4361 09:00-16:00, Monday to Friday to find out more or book an appointment.
- If your journey is only on the DLR or only on the Elizabeth line you may prefer to use Travel Ambassadors who offer advice on those specific networks and can accompany you on bespoke journeys.
- To book an appointment, email:
  - DLR: [ambassadors@keolisameydlr.co.uk](mailto:ambassadors@keolisameydlr.co.uk)
  - Elizabeth line: [ambassadors.team@mtrel.co.uk](mailto:ambassadors.team@mtrel.co.uk)





that just is amazing

# Accessible travel guides & maps London

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- <https://content.tfl.gov.uk/accessible-travel-web.pdf>
- <https://tfl.gov.uk/transport-accessibility/download-accessibility-guides-and-maps>



# Blue Badge

- A Blue Badge costs up to £10 in England and £20 in Scotland. It's free in Wales.
- They usually last up to 3 years.
- You automatically qualify for a Blue Badge if you are aged 3 or over and at least one of the following applies:
  - you receive the higher rate of the mobility component of the [Disability Living Allowance \(DLA\)](#)
  - you receive a [Personal Independence Payment \(PIP\)](#) because you can't walk more than 50 metres (a score of 8 points or more under the 'moving around' activity of the mobility component)
  - you are registered blind (severely sight impaired)
  - you receive a War Pensioners' Mobility Supplement
  - you have received a lump sum benefit within tariff levels 1 to 8 of the Armed Forces and Reserve Forces (Compensation) Scheme and have been certified as having a permanent and substantial disability that causes inability to walk or very considerable difficulty in walking
  - you receive the mobility component of PIP and have obtained 10 points specifically for descriptor E under the 'planning and following journeys' activity, on the grounds that you are unable to undertake any journey because it would cause you overwhelming psychological distress





# Freedom pass

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- To be eligible for a disabled persons Freedom Pass:
  - Your sole or principal residence in London
  - Have any of the statutory disabilities listed in the Transport Act 2000.
- 1) People who are blind or partially sighted
  - 2) People who are profoundly or severely deaf
  - 3) People without speech
  - 4) People who have a disability, or have suffered an injury, which has left them with a substantial and long-term adverse effect on their ability to walk
  - 5) People who do not have arms or have a long-term loss of the use of both arms
  - 6) People who have a learning disability that is defined as 'a state of arrested or incomplete development of mind which includes significant impairment of intelligence and social functioning'
  - 7) People who, if they applied for the grant of a licence to drive a motor vehicle under Part III of the Road Traffic Act 1988, would have their application refused pursuant to section 92 of the Act (physical fitness) otherwise than on the ground of persistent misuse of drugs or alcohol.



# Disabled bus pass

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- Contact your local council to find out who issues disabled bus passes in your area as part of the English National Concessionary Travel Scheme. You're eligible for a disabled person's pass if you live in England and are 'eligible disabled'.



# Taxi card

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- The London Taxicard scheme provides subsidised door to door journeys in licensed taxis and private hire vehicles for London residents who have serious mobility or visual impairments.
- Application form online and you apply to your borough

<https://www.londoncouncils.gov.uk/services/taxicard/apply-taxicard-your-borough>

- Book telephone/ online/ via Taxicard Booking App
- Your Taxicard can be used 24 hours a day, 365 days of the year – subject to the availability of vehicles





# Disabled Persons Railcard



1/3 off rail travel for you and an adult companion



Average annual savings of up to £91!\*\*



Just £20 for 1 year or £54 for 3 years



For people with a disability that meets the [eligibility criteria](#)

If you are disabled or have a progressive medical condition you are eligible for the Disabled Persons Railcard if you:

- receive **Personal Independence Payment (PIP)** or **Adult Disability Payment (ADP)**
- receive **Disability Living Allowance (DLA)** or **Child Disability Payment (CDP)** at either:
  - the higher or lower rate for the mobility component, or
  - the higher or middle rate for the care component
- have a **visual impairment**, have a **hearing impairment**
- have **epilepsy**
- receive **Attendance Allowance**, **Severe Disablement Allowance** or **Pension Age Disability Payment (PADP)**
- receive **War Pensioner's Mobility Supplement**
- receive **War or Service Disablement Pension** for 80% or more disability
- buy or lease a vehicle through the **Motability** scheme

• The Railcard discount is valid at any time of the day, no time restrictions

• If you have an adult companion travelling with you, they can get the discount too as long as they travel with you throughout the journey.



# Community transport services & Ring & Ride

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- Every year, in all parts of the UK, thousands of community transport staff and volunteers support millions of people to stay independent, participate in their communities and access vital public services and employment.
- Community transport is about providing flexible and accessible community-led solutions in response to unmet local transport needs.
- <https://ctauk.org>
- Dial a Ride UK or Ring & Ride





wheelmap.org

Mark and find wheelchair accessible places —  
worldwide and for free. It's easy with our traffic light  
system:



Fully wheelchair  
accessible



Partially wheelchair  
accessible



Not wheelchair  
accessible



Unknown  
accessibility

Okay, let's go! >

# Search for accessible places to go

**I'm looking for...**

Try searching for restaurants, hotels, cinemas, universities

**Near to...**

Place, town or postcode

**Search**

Search for Restaurants, Hotels, Cinemas etc. Add a town, postcode or location to scope your search.



**AccessAble**  
Your Accessibility Guide

Previously Disabled Go

AccessAble is here to take the chance out of going out. To give you the accessibility information you need to work out if a place is going to be accessible for you.

We've surveyed 10,000s of venues across the UK and Ireland, including shops, pubs, restaurants, cinemas, theatres, railway stations, hotels, colleges, universities, hospitals and more.

Use AccessAble to find wheelchair friendly venues or check out disabled access and facilities.

AccessAble is Your Accessibility Guide. Download our free App to use AccessAble on the go.





# DISABLED ACCESS REVIEWS

by disabled people for disabled people

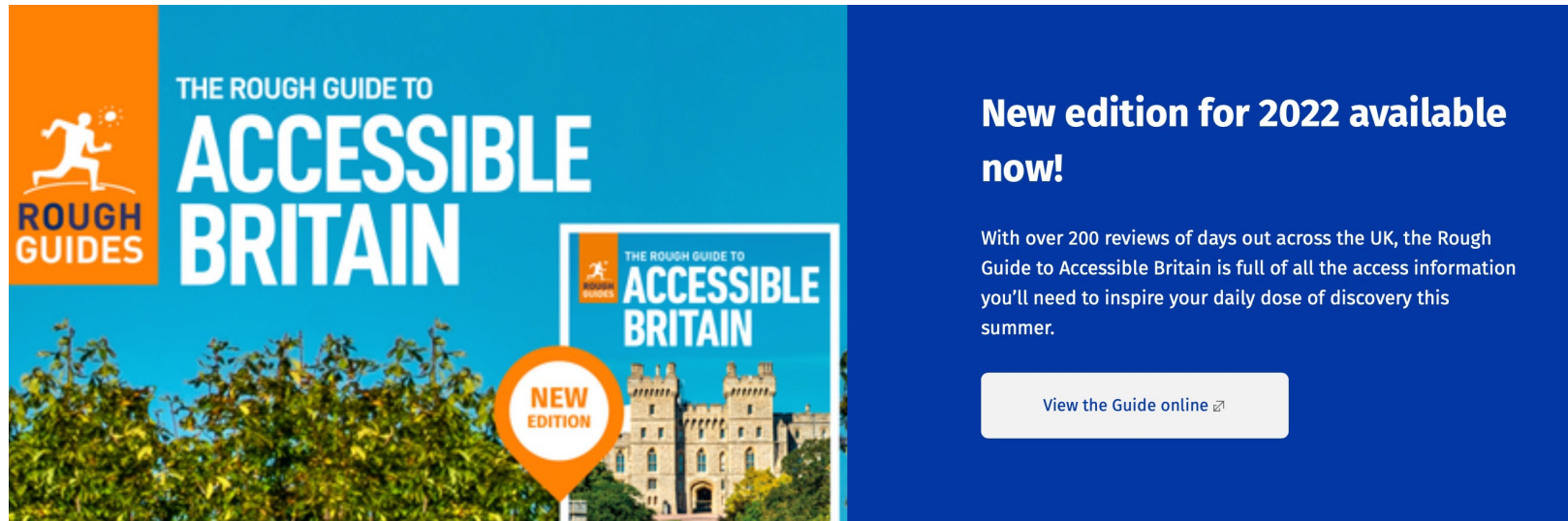
Search for

Go to

- Euansguide.com is the disabled access review site where disabled people, their family, friends and carers can find and share reviews on the accessibility of venues around the UK and beyond.
- The site is an invaluable tool for everything from planning a day out, to picking a last-minute place for coffee or lunch.
- 0131 510 5106
- <https://www.euansguide.com>



# Rough guide to accessibility

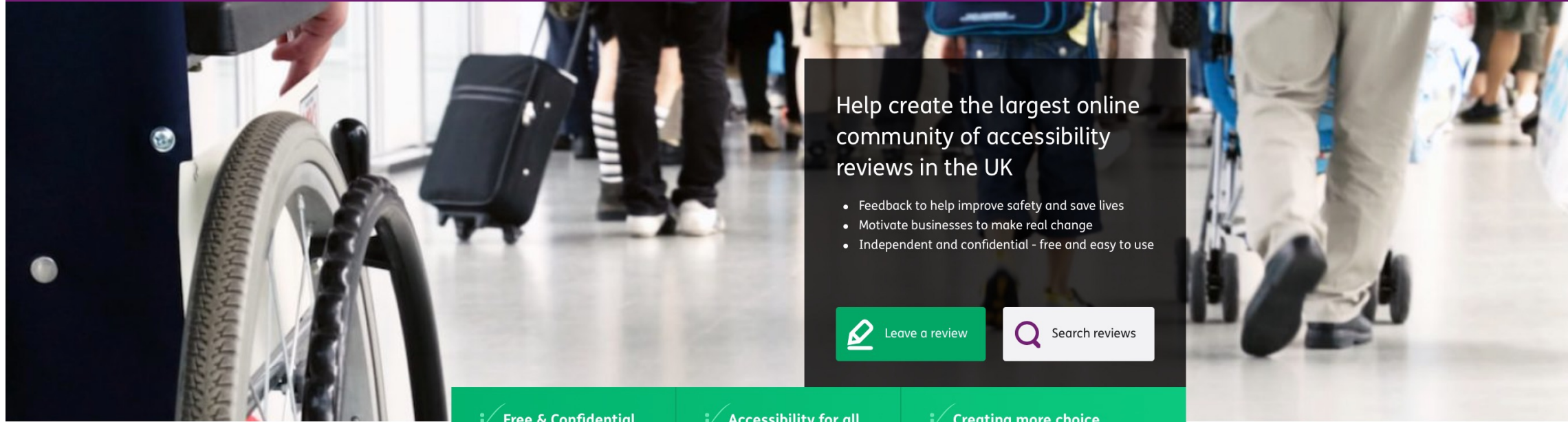


The banner features a blue background with an orange vertical bar on the left. The orange bar contains the Rough Guides logo, which includes a white silhouette of a person running and the text 'ROUGH GUIDES'. To the right of the orange bar, the text 'THE ROUGH GUIDE TO' is in white, followed by 'ACCESSIBLE BRITAIN' in large, bold, white letters. Below this, there is a smaller image of the book cover, which includes the same logo and text, and a photograph of a stone building. An orange speech bubble with a white border contains the text 'NEW EDITION' in white. The right side of the banner has a dark blue background with white text and a button.

**New edition for 2022 available now!**

With over 200 reviews of days out across the UK, the Rough Guide to Accessible Britain is full of all the access information you'll need to inspire your daily dose of discovery this summer.

[View the Guide online](#)



Help create the largest online community of accessibility reviews in the UK

- Feedback to help improve safety and save lives
- Motivate businesses to make real change
- Independent and confidential - free and easy to use

[Leave a review](#)

[Search reviews](#)

✓ Free & Confidential

✓ Accessibility for all

✓ Creating more choice

## How you can make a difference



**1** A visit to a coffee shop or the bank, for example



**2** How accessible are they?



**3** Leave feedback about your experience



**4** Help others who can check before they go

- Creating the largest online community of disabled access reviews in
- the UK to improve accessibility and inclusion for disabled people
- • Feedback to help improve safety and save lives
- • Motivate businesses to make real change
- • Independent and confidential - free and easy to use



# Accessible cinema

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- If a trip to the cinema involves the need for an assistant, the Cinema Exhibitors' Association (CEA) Card entitles the holder to one free ticket for a person accompanying them. To be eligible, the holder must receive Disability Living Allowance, Personal Independence Payment, Attendance Allowance or be registered blind.
- The card costs £6.00 and is valid for a year. You can get an application form at any participating cinema, or apply online
- For blind and partially sighted customers, many cinemas offer audio description, which can be listened to through a lightweight headset. This isn't universally available, however, so you need to check when booking.
- For deaf and hearing impaired customers, most cinemas now have an induction loop, and many also run subtitled screenings on a regular basis. Again, check the facilities when you book.
- [Accessible Screenings](#) is a searchable listings database for accessible screenings in UK cinemas, including subtitled, audio described and autism friendly.



# Theatre

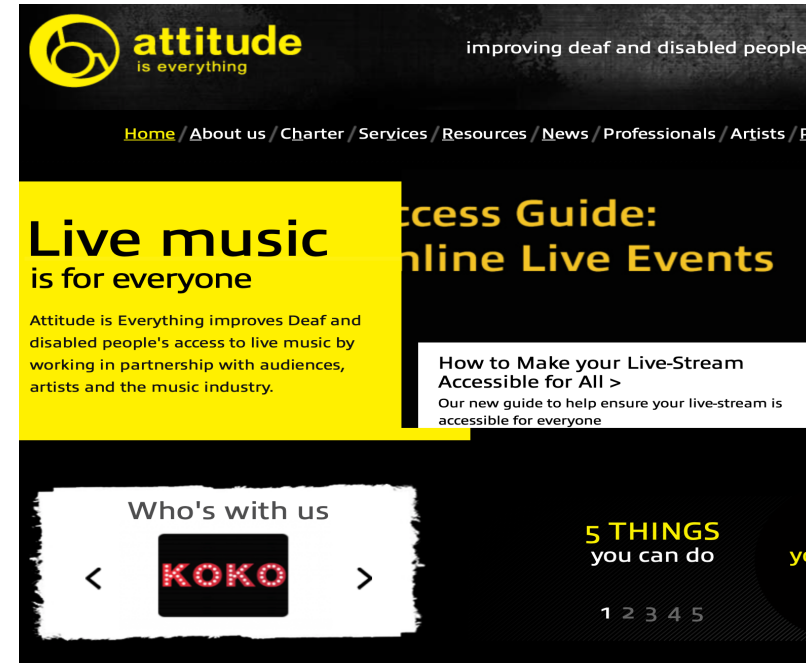


- Theatres around the country provide assisted performances, with an audio description, captioning service, or sign language interpreter.
- You can access information about forthcoming performances by contacting individual theatres or through websites such as Access London Theatre and Arts Online.
- Provision for customers with mobility impairments is varied, so you need to check when you book tickets.
- Use [Seatplan.com](https://www.seatplan.com) to help look at access to your seat .
- Seat plan features user-friendly access , interactive maps to show patrons exactly where they will be sitting in each venue and what the view is like.
- Stagetext is a charity which provides captioning and live subtitling services to theatres and other arts venues to make their performances more accessible.

# Live music

- Attitude is Everything's Access Starts Online guides, have been designed for venue and festival organisers, providing a template for what to include in online access information for Deaf and disabled audiences.
- Attitude is Everything's DIY Access Guide is a printable booklet is for artists, bands and promoters, sharing simple things anyone can do to make their events more inclusive and welcoming to Deaf and disabled audiences and artists.
- [Most accessible music venues in UK](#)
- Accessible Festivals is dedicated to making live music and recreational events fully accessible for people of all abilities. By educating the public and bringing together like-minded organizations, we can end the stigmatization involved with having a disability so that everyone can have the opportunity to have amazing experiences, regardless of ability.

<https://accessiblefestivals.org>



The screenshot shows the Attitude is Everything website. The logo is a yellow circle with a white 'b' and 'v' inside, followed by the text 'attitude is everything' in white. Below the logo is the tagline 'improving deaf and disabled people'. A navigation menu includes 'Home / About us / Charter / Services / Resources / News / Professionals / Artists / B'. The main content area features a yellow box with the text 'Live music is for everyone' and a sub-headline 'Access Guide: Online Live Events'. Below this is a paragraph: 'Attitude is Everything improves Deaf and disabled people's access to live music by working in partnership with audiences, artists and the music industry.' To the right, there is a link: 'How to Make your Live-Stream Accessible for All > Our new guide to help ensure your live-stream is accessible for everyone'. At the bottom, there is a section titled 'Who's with us' with a carousel showing 'KOKO' and a '5 THINGS you can do' section with a numbered list '1 2 3 4 5'.



# Access card

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- The Access Card (CredAbility Card or a Nimbus Card) is a card like no other; we translate your disability/impairment into symbols that highlight the barriers you face and the reasonable adjustments you might need.
- Think of it as a Disability Passport.
- This then informs providers quickly and discreetly about the support you need and may gain you access to things like concessionary ticket prices and complex reasonable adjustments without having to go into loads of personal detail.
- It's all based on your rights under the Equality Act and providers' responsibilities.





# Discounts on days out

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- There may be discounts available to you for attractions, activities and travel. This could include:
  - money off the price of tickets
  - free or discounted companion tickets for a family member , friend or carer
  - free or discounted travel on public transport



# Ideas for accessible days out

- <https://www.scope.org.uk/advice-and-support/days-out-tips/>
- Cultural activities
- Outdoor activities
- Sightseeing



**Accessible  
Great Days  
Out UK**

<https://access.great-days-out.co.uk>



TRYING  
SOMETHING NEW,



**EVEN WHEN  
IT *scaries* YOU**

SelahReflections.com



Parade

"THERE IS  
NOTHING  
IMPOSSIBLE  
TO THEY WHO  
WILL TRY."  
— ALEXANDER  
THE GREAT